

5 A Day
By Popular Demand

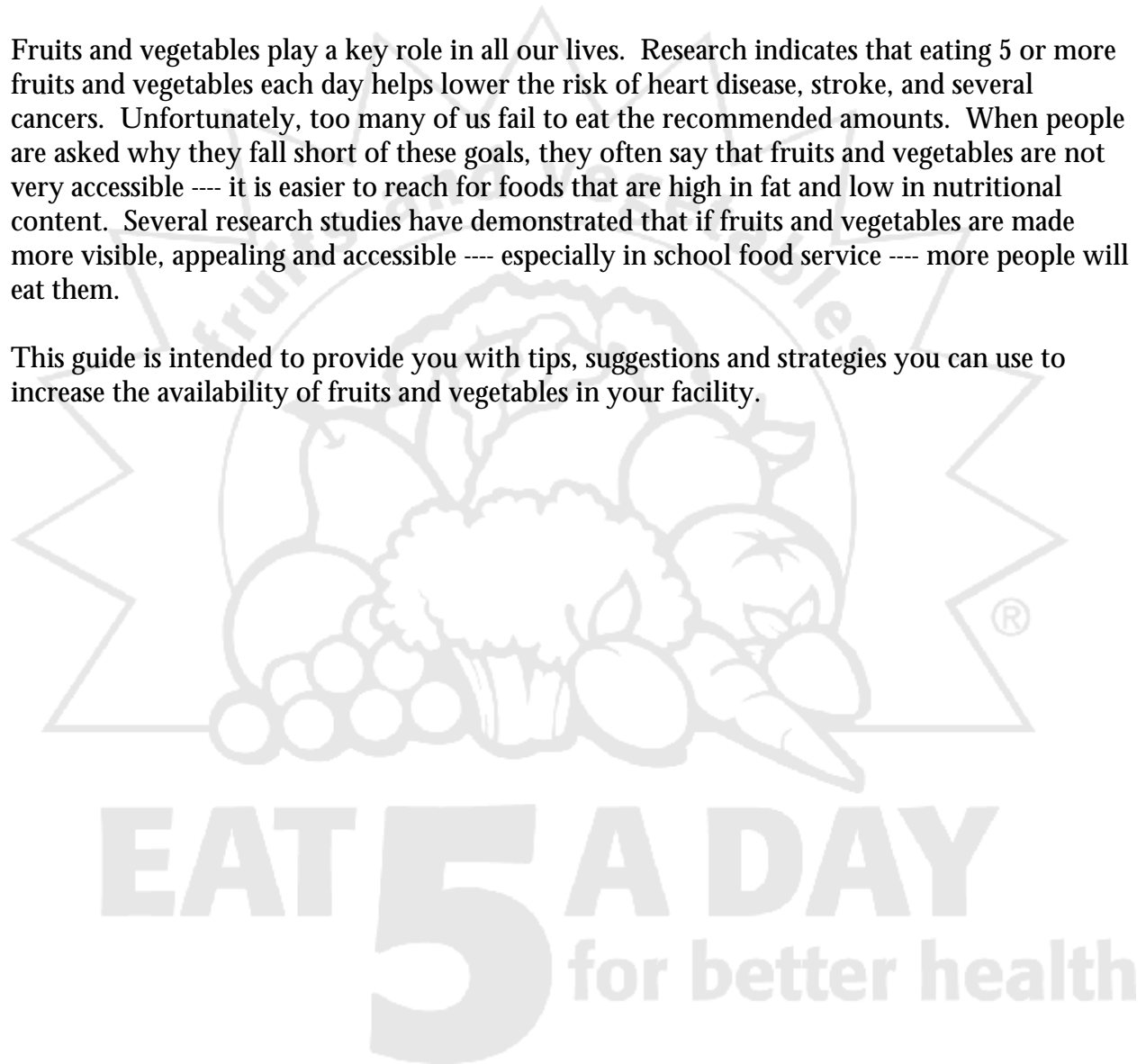
**A Tool For Food
Service Workers**

Introduction

As food service directors, you well know many of the obstacles and opportunities you face in providing nutritious and delicious meals. The theme for this year's National 5 A Day Week is "Fruits and Vegetables by Popular Demand." This theme highlights the essential role you play in creating and meeting the demand for increasing fruit and vegetable consumption.

Fruits and vegetables play a key role in all our lives. Research indicates that eating 5 or more fruits and vegetables each day helps lower the risk of heart disease, stroke, and several cancers. Unfortunately, too many of us fail to eat the recommended amounts. When people are asked why they fall short of these goals, they often say that fruits and vegetables are not very accessible ---- it is easier to reach for foods that are high in fat and low in nutritional content. Several research studies have demonstrated that if fruits and vegetables are made more visible, appealing and accessible ---- especially in school food service ---- more people will eat them.

This guide is intended to provide you with tips, suggestions and strategies you can use to increase the availability of fruits and vegetables in your facility.



HOW THIS TOOL WAS DEVELOPED

As part of their work with the 5 A Day Program, researchers at the University of Minnesota conducted a series of focus groups with food service staff. What they found may be similar to your experiences. Most said that they do what they can to make the food look appealing and taste good and to make the lunchroom a pleasant place. They also said that they were limited by district menus and policies, limited budgets, USDA serving rules, the need to use commodity foods which are cheap but not as appealing as other food, and limited time to do everything.

While this tool cannot help overcome many of these obstacles, it draws upon the findings of this research and the experience of many food service operators who have succeeded in increasing the fruit and vegetable consumption in their facility.

This tool includes:

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How 5 A Day Can Fit into A Government Meal Pattern

Research conducted by the National Cancer Institute has shown that food service staff play an essential role in ensuring that children receive the recommended number of fruit and vegetable servings they need each day. The National School Breakfast Program, the National School Lunch Program, The Summer Food Service Program and the Child and Adult Care Food Program each present opportunities to incorporate fruits and vegetables into the diets of millions of young people throughout this country.

The following table outlines some simple strategies to increase the availability of fruits and vegetables in your cafeteria while at the same time, meeting the USDA guidelines.

Food Group	Number of Servings per Meal	Suggested Foods and Amounts
Meat/Meat Alternatives	1 serving	1 cup cooked dry navy beans or peas (red beans, navy beans, black-eyed peas, split peas, lentils, etc.)
Vegetables/Fruits	2-3 servings	*6 fluid oz 100% juice or 1 medium piece of fruit or ½ cup fruit or 1/4 cup dried fruit or ½ cup cooked or raw vegetables or 1 cup salad greens

Source: Nickals TA, Johnson CC, Matzinger AB, Farris RP, White M, Cunningham A. Gimme 5: A Fresh Nutrition Concept for Students. New Orleans: Tulane University Medical Center.1995.

EAT 5 A DAY
for better health

Menu Planning Guidelines

Use these guidelines to increase the frequency, variety, and portion size of fruits and vegetables on the menu.

Increase in the Menu (Lower in fat, saturated fat and/or sodium)	Decrease in the Menu (Higher in fat, saturated fat and/or sodium)
Fresh, frozen, canned or dried fruit	
New varieties of fruit	
Fresh, frozen or canned juice	
Fresh, frozen or unsalted canned vegetables and salad	<ul style="list-style-type: none"> C Salted canned vegetables and soups C Buttered, creamed or fried vegetables C Number of times French fries are served in a week
New varieties of vegetables	
Fruits and vegetables in mixed dishes, desserts, and baked products	
Entree-type salad (i.e. chicken, seafood)	
Fruits and vegetables as a garnish or sauce	
Fruit smoothies	
Vegetable soups and stews	
Salad bar or prepared salads	
Fruit juices in addition to milk	
Fruit-based desserts	
Portion sizes of fruit and vegetable recipes	
Cooked dried beans and peas served alone or in recipes	<ul style="list-style-type: none"> C Beans and soups prepared with salt pork or ham C Beans marinated in heavy oils C Canned beans

Source: Nickals TA, Johnson CC, Matzinger AB, Farris RP, White M, Cunningham A. Gimme 5: A Fresh Nutrition Concept for Students. New Orleans: Tulane University Medical Center

GUIDELINES FOR CHOOSING GOVERNMENT COMMODITIES

Food commodities from the United States Department of Agriculture (USDA) are an important part of a school meal program. Certainly, receiving USDA commodities helps to balance any school nutrition budget. You can use more commodity fruits and vegetables, which will help to increase frequency, variety, and serving size on the menu without increasing cost. There are some commodities that are lower in fat or sodium than others. When these are used it is also easier to prepare fruit and vegetable recipes that are lower in fat and sodium and meet the 5-A-Day criteria.

Use these guidelines in choosing your commodity foods:

1. Order more fresh, frozen, canned, or dried fruit.
2. Increase the use of commodity vegetables and substitute fresh or frozen vegetables for canned vegetables where possible.
3. Request less butter.
4. Request more part-skim mozzarella cheese, and less American cheese. Mix them to lower the fat content of fruit and vegetable dishes.
5. Increase the use of commodity fruits and vegetables in mixed dishes and baked products.

Fruits and Vegetables Available through the Commodity Program	
Potatoes, instant	Apples, fresh*
Potatoes, round	Applesauce, sweetened, canned*
Potatoes, French fries	Apricots, canned, light syrup*
Sweet potatoes, canned	Blueberries, frozen*
Tomato paste, canned*	Cherries (sweetened), red, tart, pitted, frozen*
Tomato, whole, canned	Figs, dried*
Beans, green, canned, drained	Lemon juice, reconstituted*
Beans, green frozen*	Mixed fruit (peaches, pears, grapes), canned, light syrup*
Corn, whole-kernel, canned drained	Peaches, canned, light syrup*
Mixed vegetables (carrots, corn, and green peas), frozen*	Pears, canned, light syrup*
Peas, green, canned, drained*	Pineapple, canned, light syrup*
	Plums, canned, light syrup*
	Prunes, dried, pitted*
	Raisins*

* Great vegetables and fruits to include more often in your breakfast and lunch recipes.

Source: Nickals TA, Johnson CC, Matzinger AB, Farris RP, White M, Cunningham A. Gimme 5: A Fresh Nutrition Concept for Students. New Orleans: Tulane University Medical Center



GUIDELINES FOR PURCHASING VENDOR-PREPARED FOODS

Prepared foods purchased from a vendor often are used in school lunches, partly because they save time and effort. Vendor products can be used as a base for an entree item, with fruit or vegetables added to it to help meet the 5 A Day goal.

For example, you could purchase a cheese pizza and add vegetables to it as toppings. Or you could serve vendor waffles with a fruit topping added. Careful purchasing of these foods leads to menu items that contain more fruit or vegetables as ingredients and are lower in fat and sodium. There can be large differences in nutrient content between vendors, so be aware and read labels.

The following guidelines will help you select vendor-prepared foods that will increase the use of fruits and vegetables, and that meet the 5-A-Day criteria for fat, saturated fat, cholesterol, and sodium.

1. Let your vendor know you are interested in products with more fruit or vegetable ingredients. (Example: buy vegetarian pizzas or add vegetables to a lower fat cheese pizza).
2. Ask your vendor to give you information on the fat and sodium in the products supplied to you, or send a letter requesting the information. Make sure the vendor knows that you use fat and sodium criteria as guidelines in selecting products.
3. Invite your local food distributors to submit food samples that can be evaluated by your taste-testing committee.
4. Keep a list of vendor products and their nutrient content; this will be helpful in planning menus.

Source: Nickals TA, Johnson CC, Matzinger AB, Farris RP, White M, Cunningham A. Gimme 5: A Fresh Nutrition Concept for Students. New Orleans: Tulane University Medical Center



Food Preparation Methods

The methods you use to prepare foods can help ensure that your ability to increase the availability of fruits and vegetables while reducing the amount of fat, saturated fat, cholesterol, and sodium in school lunch and breakfast foods.

These techniques are particularly useful when preparing meat-based or mixed dishes that include fruit or vegetable ingredients. Additional tips for preparing and cooking vegetables so that they retain their appearance, taste, texture, and nutrients are listed below.

Preparing Vegetables for Cooking

1. FRESH VEGETABLES

- T Wash thoroughly before cooking
- T Trim, pare, or cut into uniform pieces
- T To minimize loss of nutrients; pieces should be cut as large as possible to reduce exposed cooking area

2. FROZEN VEGETABLES

- T Loosely packed frozen vegetables, such as whole kernel corn, can be cooked without thawing.
- T Solid pack frozen vegetables, such as spinach, should be thawed long enough to break apart easily before cooking.

3. CANNED VEGETABLES

- T Drain off liquid before heating
- T Heat only to serving temperature
- T Never add salt
- T Prepare in small batches

General Guidelines for Cooking Vegetables

1. Steam vegetables when possible for the best flavor, texture, color, nutritive value.
 - T Place vegetables in shallow even layers
 - T Use perforated pans for best steam circulation
 - T Use solid pans if cooking liquid must be saved
2. Avoid over-cooking
3. Cook until crisp-tender
4. Undercook slightly if the product must be held before serving.
5. Use batch cooking.
6. Leave strong-flavored vegetables uncovered when cooking.
7. Small amounts of acids (i.e. lemon juice, cream of tartar) added to cooking water will keep white vegetables from discoloring.
8. Remember the enemies of green vegetables: acids and long cooking times.
9. NEVER add baking soda when cooking vegetables

Source: Nickals TA, Johnson CC, Matzinger AB, Farris RP, White M, Cunningham A. Gimme 5: A Fresh Nutrition Concept for Students. New Orleans: Tulane University Medical Center



**MORE QUICK STRATEGIES TO MEET THE DEMAND
FOR MORE FRUITS AND VEGETABLES**



USE THESE GUIDELINES TO INCREASE FRUITS OR VEGETABLES AS INGREDIENTS:

1. Add vegetables as ingredients to soups or stews.
2. Replace part of the ground meat in chili, tacos, etc. with cooked beans.
3. Replace some of the liquid in dessert recipes with fruit juice.
4. Add fruit or vegetables to entree salads such as tuna or chicken salad.
5. Increase fruit as ingredients in breads and desserts where possible.
6. Try “vegetarian” recipes for pizza, lasagna, etc.
7. Use fruits or vegetables to garnish an entree.

USE THESE GUIDELINES TO REDUCE FAT IN RECIPES CONTAINING FRUITS AND VEGETABLES:

1. Use skim, low-fat or nonfat dry milk in place of whole milk in recipes.
2. Reduce the amount of mayonnaise, sour cream, or oil or substitute nonfat or low-fat plain yogurt in salad dressings and other recipes.
3. Use lower fat or part-skim cheeses such as part-skim mozzarella in recipes and on the salad bar. Reduce the amount of regular cheese or mix part-skim with regular cheese.
4. Gradually reduce the amount of butter or shortening or use margarine instead of recipes.
5. Substitute powdered sugar for whipped topping or icing on desserts, when appropriate.
6. Use lower fat gravy in recipes.
7. Either do not spread melted butter or margarine on breads or whip butter before spreading.
8. Do not add margarine, butter or sauces to vegetables. Try flavoring vegetables with lemon juice, herbs, or spices.
9. Use egg whites instead of whole eggs in recipes, when appropriate.
10. Substitute applesauce, grape juice, or nonfat yogurt for part of the fat in some baked recipes.

USE THESE GUIDELINES TO REDUCE SODIUM IN RECIPES CONTAINING FRUITS AND VEGETABLES:

1. Reduce salt in recipes by half or eliminate.
2. Season food with garlic, onion powder or other seasonings without salt.
3. Reduce the following seasonings in recipes: pork (ham, bacon, salted or pickled), garlic salt, onion salt, catsup, bouillon, mixed seasoning, MSG, and Worcestershire sauce.
4. Do not add salt to the water used to cook vegetables, rice or pasta.
5. Use more fresh or frozen vegetables, or drain canned vegetables used as ingredients.

BY POPULAR DEMAND! FOOD SERVICE RECIPES

Try some of these nutritious and delicious recipes in your cafeteria! Most have been created by NCI-funded researchers and tested in schools in Louisiana and Minnesota. We have revised several and re-formatted them to make it easier to adjust the serving sizes you may need.

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KRAZY KABOBS

INGREDIENTS	25 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Beef roast	5 1/4 lbs			<ol style="list-style-type: none"> Trim fat from beef roast and cook until done. Cut beef into small squares. 4-5 squares will equal a 2 oz. Serving. Cut onions and peppers into wedges. Assemble meat and vegetables on skewers. Begin with mushroom and end with tomato. Combine oil and Kitchen Bouquet and brush on each skewer. Optional: Sprinkle with parsley flakes or oregano. Bake shishkabobs at 350 for 8-10 minutes. Cover and hold in warmer. <p>Note: 3 1/4 lbs precooked roast or chicken breast can be substituted.</p> <p>(Source: Gimme 5: Fresh Choice Recipes)</p> <p>Number of fruit and vegetable servings: 1</p>
Mushrooms, fresh		25 each		
Cherry tomatoes		25 each		
Onions	3 lbs			
Green peppers	3 lbs			
Oil		2 Tbsp		
Kitchen Bouquet		2 Tbsp		
Wooden skewers		25		
<p style="text-align: center;">SERVING SIZE: 1 Skewer</p> <p><u>Nutrients per serving:</u></p> <p>Calories: 173 Sodium: 49 mg Cholesterol: 49 mg</p> <p>Fat (%Kcals): 36% Saturated fat (%Kcals): 12%</p>				



TASTY TACOS

INGREDIENTS	50 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Ground beef	10 lbs			<ol style="list-style-type: none"> 1. Cook ground beef. Drain and rinse to defat. 2. Add onions, tomatoes, green pepper, salt, cumin, chili powder, and garlic powder to beef. 3. Drain kidney beans. Puree or add whole to meat mixture. 4. Serve in taco shells 5. Serve with shredded cheese, shredded lettuce and diced tomatoes. <p>Note: To substitute dry beans, cook 2 ½ lbs dry beans and drain. Yield: 12 cups. Substitute soft tortillas to reduce fat and sodium content further.</p> <p>(Source: Gimme 5: Fresh Choice Recipes)</p> <p>Number of fruit and vegetable servings: 2</p>
Kidney beans		1 #10 can		
Chopped onions		3 cups		
Diced tomatoes, drained		1 #10 can		
Chopped green onions		1 cup		
Salt		1 Tbsp		
Chili powder		2 cups		
Cumin		5 Tbsp		
Garlic powder		3 Tbsp		
Mozzarella cheese	1 ½ lbs			
American cheese	1 ½ lbs			
Diced tomatoes, fresh		12 ½ C		
Shredded lettuce		12 ½ C		
Taco shells		100 count		

INGREDIENTS	50 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Ground beef	10 lbs			<div>1. Cook ground beef. Drain and rinse to defat.</div> <div>2. Add onions, tomatoes, green pepper, salt, cumin, chili powder, and garlic powder to beef.</div> <div>3. Drain kidney beans. Puree or add whole to meat mixture.</div> <div>4. Serve in taco shells</div> <div>5. Serve with shredded cheese, shredded lettuce and diced tomatoes.</div> <div>Note: To substitute dry beans, cook 2 ½ lbs dry beans and drain. Yield: 12 cups. Substitute soft tortillas to reduce fat and sodium content further.</div> <div>(Source: Gimme 5: Fresh Choice Recipes)</div> <div>Number of fruit and vegetable servings: 2</div>
<div>SERVING SIZE: 2 tacos</div> <div>Nutrients per serving:</div> <div>Calories: 313 Sodium: 815 mg Cholesterol: 66 mg</div> <div>Fat (%Kcals):39% Saturated fat (%Kcals): 18%</div>				

YES-AY! CHICKEN WITH PINEAPPLE SALSA

INGREDIENTS	25 SERVINGS		FOR ____ SERVING S	DIRECTIONS
	WEIGHT	MEASURE		
Chicken pieces, skinned Green onions, chopped Red wine vinegar Hot pepper sauce Soy sauce Jalapeño pepper, chopped Jerk seasoning: Allspice Nutmeg Cinnamon Black pepper Lime, sliced		for 25 servings 1/2 cup 1 Tbsp 1 tsp 1 Tbsp 1 each 1/2 Tbsp 1/8 tsp 1/2 tsp 1/4 tsp 1 each		1. Skin chicken pieces 2. Prepare marinade by combining all ingredients, except chicken and lime. 3. Pour marinade over chicken, turning pieces to coat both sides. Cover and refrigerate overnight. 4. Bake chicken at 350 for 25 minutes. 5. Garnish with lime slices. Serve with pineapple salsa. (Source: Gimme 5: Fresh Choice Recipes) Number of fruit and vegetable servings: 0 (1 serving when served with pineapple salsa)
SERVING SIZE: 1 serving chicken (1 to 2 pieces) <u>Nutrients per serving:</u> Calories: 144 Sodium: 124 mg Cholesterol: 65 mg Fat (%Kcals): 30 % Saturated fat (%Kcals): 9 %				

PINEAPPLE SALSA

INGREDIENTS	25 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Pineapple chucks		1 1/2 #10 cans		<ol style="list-style-type: none"> 1. Drain pineapple and reserve juice 2. Clean and dice bell pepper and onion. 3. Seed and dice jalapeño peppers. 4. Combine all ingredients and refrigerate. <p>Recipe makes one gallon.</p> <p>(Source: Gimme 5: Fresh Choice Recipes)</p> <p>Number of fruit and vegetable servings: 1</p>
Red or green bell pepper		3 each		
Red onion		3 each		
Lime juice		2 cups		
Jalapeño peppers		12 each		
Jerk seasoning:				
Allspice		1/2 Tbsp		
Nutmeg		1/8 tsp		
Cinnamon		1/2 tsp		
Black pepper		1/4 tsp		
Pineapple juice		1 cup		
SERVING SIZE: 1/2 cup				
<u>Nutrients per serving:</u> Calories: 144 Sodium: 360 mg Cholesterol: 0 mg Fat (%Kcals):3% Saturated fat (%Kcals): < 1%				

YOU ASKED FOR IT LASAGNA

INGREDIENTS	50 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Ground beef	10 lbs			<ol style="list-style-type: none"> 1. Cook ground beef. Drain and rinse to defat. 2. Drain beans. Puree beans, or add whole to meat. 3. Mix taco sauce according to package directions. 4. Spray 4" pan with non-stick vegetable spray. 5. In each pan, make two layers consisting of tortillas, meat mixture, and taco sauce. 6. Top with shredded cheeses. 7. Bake at 350 for 15 minutes. 8. Before each pan is served, top with shredded lettuce and diced tomatoes. Cut pan 8 x 4. <p>(Source: Gimme 5: Fresh Choice Recipes)</p> <p>Number of fruit and vegetable servings: 1</p>
Kidney beans		1 #10 cans		
Tomato sauce		1 #10 can		
Flour tortillas		20 count		
American cheese	1 lb			
Mozzarella cheese	1 lb			
Chopped tomatoes		12 1/2 cups		
Shredded lettuce		12 1/2 cups		
Taco sauce		1 pkg		
SERVING SIZE: 1 piece <u>Nutrients per serving:</u> Calories: 342 Sodium: 1110 mg Cholesterol: 60 mg Fat (%Kcals): 31% Saturated fat (%Kcals): 14%				

POWER TO THE PEOPLE PEPPER STEAK

INGREDIENTS	50 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Beef roast (cut into 1 x 2 1/2 inch strips)	12 lbs			<ol style="list-style-type: none"> 1. Cook beef in steamer or kettle. 2. Add onions, ginger, thyme, and garlic to beef. 3. Cook 20 minutes, or until tender. 4. Mix tomato paste, soy sauce, cornstarch, and water. Add to beef. 5. Add bell peppers and mushrooms. Cook 20 minutes more. 6. Cook rice. Serve 2/3 cup pepper steak over 1/2 cup cooked rice. <p>(Source: Gimme 5: Fresh Choice Recipes)</p> <p>Number of fruit and vegetable servings: 1</p>
Sliced onions	4 lbs			
Sliced mushrooms	2 lbs			
Ginger, dried		1 Tbsp		
Minced garlic		3 Tbsp		
Soy sauce		1/2 cup		
Thyme		2 Tbsp		
Slice bell peppers	4 lbs			
Tomato paste		1/3 cup		
Cornstarch		1/2 cup		
Water		1 Tbsp		
Rice	2 lbs, 13 OZ			
SERVING SIZE: 2/3 cup over 1/2 cup rice <u>Nutrients per serving:</u> Calories: 403 Sodium: 240 mg Cholesterol: 85 mg Fat (%Kcals): 36% Saturated fat (%Kcals): 4%				

MOBILIZED VEGETABLES

INGREDIENTS	25 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Broccoli florets	6 lbs			<ol style="list-style-type: none"> 1. Mix vegetables and steam for 5 minutes. 2. Make oriental sauce by heating beef broth, soy sauce, and ginger to boiling. Make a paste of cornstarch and water, and stir into broth mixture with a wire whip. Cook until thickened. 3. Pour sauce over the vegetables. <p><i>Note: California blend or other frozen vegetables may be used, but a perforated pan should be used for steaming. Oriented sauce may be omitted and 1/2 cup margarine substituted per pan. Sodium will decrease.</i></p> <p>(Source: Gimme 5: Fresh Choice Recipes)</p> <p>Number of fruit and vegetable servings: 1</p>
Carrot slices or sticks	5 lbs			
Green onions		2 bunches		
Sliced mushrooms	5 lbs			
Bean sprouts		1 #10 can		
Water chestnuts		1 #10 can		
Oriental sauce: Beef broth Cornstarch, canned Soy sauce Ground ginger		2 cups 4 Tbsp 8 Tbsp 1 tsp		
SERVING SIZE: 1/2 cup <u>Nutrients per serving:</u> Calories: 260 Sodium: 492 mg Cholesterol: 0 mg Fat (%Kcals):23% Saturated fat (%Kcals): 3%				



SCREAM FOR MORE! SQUASH & TOMATO CASSEROLE

INGREDIENTS	100 SERVINGS		FOR ____ SERVINGS	DIRECTIONS
	WEIGHT	MEASURE		
Zucchini squash, 1 inch cubes	17 lbs			<ol style="list-style-type: none"> 1. Spray large skillet with non-stick coating. 2. Saute zucchini, onions, green peppers, and garlic in skillet until tender. 3. Add tomatoes, eggs, tabasco, thyme, parsley and pepper. Mix thoroughly and heat through. 4. Divide vegetables evenly into 2 full-size 4" steam pans. 5. Combine bread crumbs, Parmesan cheese, and melted margarine. Sprinkle this topping evenly over each pan. 6. Bake uncovered in a preheated oven: Conventional oven: 350 for 20-25 minutes Convection oven: 300 for 15-20 minutes. 7. Portion with #8 scoop. <p>(Source: Gimme 5: Fresh Choice Recipes)</p> <p>Number of fruit and vegetable servings: 1</p>
Onions, yellow, coarsely chopped	1 lb, 4 oz			
Green peppers, seeded coarsely chopped	1 lb, 4 oz			
Garlic, fresh, minced		12 cloves		
Tomatoes, fresh, diced		2 quarts		
Eggs, medium, fresh		6		
Tabasco sauce		2 Tbsp		
Thyme leaves, crushed		1 tsp		
Parsley, dried		3 cups		
Black pepper		2 Tbsp		
Plain dry bread crumbs	8 oz			
Parmesan cheese, grated	4 oz			
Margarine, melted		2 oz		
SERVING SIZE: ½ cup <u>Nutrients per serving:</u> Calories: 42 Sodium: 55 mg Cholesterol: 12 mg Fat (%Kcals): 29% Saturated fat (%Kcals): 10%				